

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

April 2011

Magic Fruit Salad Ham Fried Rice Roasted Asparagus Ham Manicotti Low-Fat Key Lime Pie

Magic Fruit Salad

½ pound seedless grapes (about 1½ cups)
2 kiwi
2 bananas
1 can (20 ounces) pineapple chunks with juice
1¾ cups skim or 1% milk
1 box (1 ounce) sugar-free instant lemon or vanilla pudding mix

1. Wash all fresh fruit. Cut grapes in half. Slice kiwi and bananas.
2. Drain juice from pineapple.
3. Place all fruit into a large bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let stand for 5 minutes before serving.

Recipe adapted from <http://www.extension.iastate.edu/foodsavings>

Nutrition Note: This recipe makes 8 servings. Each serving has 130 calories, 0 grams of fat, and 31 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Create a meal plan for the week that uses similar fruits and vegetables prepared in different ways. Make the most out of the produce that you buy.

(From www.fruitsandveggiesmatter.gov)

Ham Fried Rice

2 tablespoons oil
3 cups cooked brown rice (Leftover rice can be used.)
½ - 1 cup leftover ham (Any leftover meat can be used such as beef, mock crab, chicken, etc.)
2 stalks celery, diced
1 medium onion, diced
2 tablespoons soy sauce
2 eggs, slightly beaten



1. Heat oil in a deep frying pan.
2. Add rice, ham, celery, onion and soy sauce.
3. Fry, stirring as you go, until hot. (If it sticks, add a small amount of water.)
4. Stir in beaten eggs. Continue to stir until eggs begin to set. Serve.

Nutrition Note: This recipe makes 6 servings. Each serving has 230 calories, 9 grams of fat, and 25 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“The price is right, and it really helps you lose excess weight.”

~ Mara, WIC Breastfeeding Mom from Petersburg, ND



Roasted Asparagus

2 pounds fresh asparagus, trimmed
Olive oil
Salt and pepper



1. Preheat oven to 400 degrees.
2. Break off tough ends of the asparagus. Peel if the stalks are thick.
3. Place the asparagus on a baking sheet and drizzle with olive oil, then toss to coat completely.
4. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper.
5. Roast the asparagus for 15 to 20 minutes, until tender but still crisp.
6. Asparagus can also be cooked in the microwave by placing 2 pounds of asparagus in a covered casserole dish with ¼ cup water and ½ teaspoon salt. Cook on high for 5-7 minutes until crisp-tender. Let stand covered for 3 minutes before serving.

Nutrition Note: This recipe makes 6 servings. Each serving has 50 calories, 2.5 grams of fat, and 6 grams of carbohydrates.

Ham Manicotti

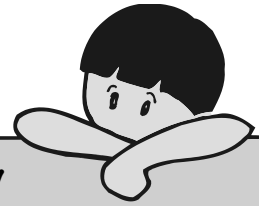
8 manicotti shells
2 tablespoons chopped onion
2 teaspoons oil
3 cups finely chopped cooked ham
1 can (4 ounces) sliced mushrooms, drained (optional)
2 tablespoons grated parmesan cheese
1 cup (4 ounces) shredded Swiss cheese, divided
3 tablespoons butter or margarine
3 tablespoons flour
2 cups skim or 1% milk

1. Preheat oven to 350 degrees. Coat a 7x11-inch baking dish with nonstick cooking spray.
2. Cook manicotti according to package directions; set aside.
3. In a large skillet, sauté onion in oil until tender. Remove from heat.
4. Add the ham, mushrooms, parmesan cheese and half of the Swiss cheese; set aside.
5. In a small saucepan, melt butter. Stir in flour until combined. Add milk and cook, stirring constantly, until thick and bubbly.
6. Mix one fourth of the sauce into the ham mixture.
7. Stuff each shell with about 1/3 cup of filling. Place in the baking dish. Top with remaining sauce.
8. Cover and bake for 30 minutes.
9. Top with remaining Swiss cheese before serving.

Nutrition Note: This recipe makes 8 servings. Each serving has 280 calories, 13 grams of fat, and 19 grams of carbohydrates.



Turn Off the TV



Pretend to be a balloon — first without air, being blown up, floating around, and then being popped.

(From www.headstartbodystart.org)

Low-Fat Key Lime Pie

16 graham crackers, crushed
4 tablespoons margarine or butter, melted
1 box sugar-free lime flavored gelatin
1/4 cup boiling water
2 containers (6 ounces each) key lime flavored fat-free yogurt
1 container (8 ounces) frozen fat-free whipped topping, thawed

1. Preheat oven to 350 degrees.
2. Mix the crushed graham crackers and melted margarine in a medium bowl. Place the mixture in a 9-inch pie pan and press firmly into bottom and sides of pan.
3. Bake crust for 8 minutes. Let cool completely before filling with the key lime mixture. (A store-bought graham cracker crust can be used instead.)
4. In a large glass bowl, dissolve gelatin with the boiling water. Using a wire whisk, stir in yogurt.
5. Using a wooden spoon, fold in whipped topping until mixed.
6. Transfer the mixture to the prepared cooled pie crust.
7. Refrigerate overnight or at least 2 hours. Cover and refrigerate unused portions.

Nutrition Note: This recipe makes 8 servings. Each serving has 200 calories, 9 grams of fat, and 26 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Offer the same foods for everyone.

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.